



Sonoma County Futbol Club Sol

A premier club for players U15 and above

FC Sol Mission

Our mission is to develop motivated, talented players for professional, college and amateur soccer, and to make a positive impact on our player's lives.

FC Sol Training Center

Sonoma State University, with additional trainings in Santa Rosa and Petaluma.

FC Sol System of Play

The basis of the FC Sol system is a 4-3-3, with other systems trained for purposes of player and team development.

FC Sol Style of Play

We strive to play possession football; attractive, offensive-minded, creative, fast, fair and, when possible, in the opponent's half.

FC Sol Players

As members of the FC Sol players are expected to represent the club well, both on and off the field. Youth and college players are required to maintain academic eligibility.



FC Sol 1st Team

2009 NPSL National Champions

Coach: Benjamin Ziemer
707-888-8125
benjaminziemer@comcast.net

Aim: Development, Professional/College Showcasing and Placement
Competition: NPSL, Lamar Hunt Open Cup, Amateur Cup, Friendlies
Training: 3 - 4 days a week

FC Sol 2nd Team (U20-23)

Coach: Ian Mork
707-694-6076
ian@theuniversalsport.com

Aim: Development, Professional/College Showcasing and Placement
Competitions: NPSL, Open Cup, Friendlies
Training: 3 - 4 days a week

FC Sol 3rd Team (U18-19)

Coach: Eric Parish
707-292-2014
denhaag8@yahoo.com

Aim: Development, College Preparation and Showcasing
Competitions: NCPL U20, Local Adult League, Friendlies, 3-4 tournaments
Training: 3 - 4 days a week

FC Sol U17 (93)

Coach: Marcus Ziemer
707-953-1045
marcus.ziemer@sonoma.edu

Aim: Development, College Preparation and Showcasing
Competitions: NorCal Premier Leagues, NorCal Cup, Surf Cup, Phoenix, Nomads
Training: 3 - 4 days a week

FC Sol U16 (94)

Coach: Ian Mork
707-694-6076
ian@theuniversalsport.com

Aim: Development, Preparation for College Showcasing
Competitions: NorCal Premier Leagues, NorCal Cup, Surf Cup, Phoenix, Nomads
Training: 3 - 4 days a week

FC Sol U15 (95-96)

Coach: Lee Summerscales
707-774-5280
lee.summerscales@yahoo.co.uk

Aim: Development, Preparation for College Showcasing
Competitions: NorCal Premier Leagues, NorCal Cup, Surf Cup, Phoenix, Nomads
Training: 3 - 4 days a week

For more information or to play for FC Sol, please contact your age group coach. You can also visit: www.sonomacountysol.com



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